

Women...

If you are pregnant or could become pregnant don't drink alcohol.

That includes beer, wine, wine coolers, mixed drinks, and shots.

- Babies born to women who drank alcohol during pregnancy can have a range of problems including life-long learning, behavior, and social problems.
- Wisconsin has the highest rates of drinking by women of childbearing age.



Information

Healthy Choices Project: Personal Steps to a Healthier Lifestyle raises awareness, provides information and training, provides brief alcohol interventions for women at risk, and identifies and refers children at risk for Fetal Alcohol Spectrum Disorders (FASD).

For more information contact

Healthy Choices Project

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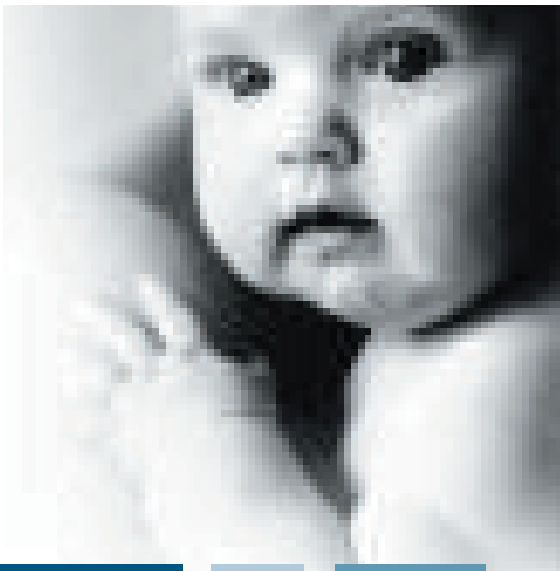
Call Wisconsin's Maternal and Child Health hotline anytime for information and linkages to services related to women, pregnancy, and children

1-800-XXX-XXXX



Women & Alcohol

- Women absorb and process alcohol differently than men.
- When women drink, they are more likely than men to have problems related to alcohol use including liver damage, cancer, relationship trouble, and legal issues.
- Drinking alcohol during pregnancy can cause serious harm to the developing baby.



Alcohol & Pregnancy

- When a pregnant woman drinks alcohol her baby can develop a number of permanent problems, often called Fetal Alcohol Spectrum Disorders (FASD).
- Fetal Alcohol Syndrome (FAS) is one medical condition caused by drinking during pregnancy.
- Children with FAS have brain damage, are small in size, and have facial abnormalities.

Tips to Cut Down or Stop Drinking

- You don't have to drink alcohol when other people drink.
- You don't have to drink even if other people want you to drink.
- It's okay to say no if someone offers you an alcoholic drink.
- Stay away from people who are drinking alcohol and places where alcohol is served.
- Don't keep alcohol at home.

If you could be—or are pregnant...

- The safest choice is to not drink alcohol.
- There is NO known safe amount of alcohol to drink during pregnancy.
- There is NO known safe time to drink alcohol during pregnancy.

If you are pregnant, and use alcohol...

- It is never too late to stop drinking.
- If you have been drinking during your pregnancy, stop now. Help is available.
- Any time you stop drinking can benefit you and your developing baby.

Health Warning

The U.S. Surgeon General urges women who are pregnant, or could become pregnant, to abstain from alcoholic beverages.



Pregnancy Prevention

- Over half of all pregnancies in the United States are unplanned.
- Half of the unplanned pregnancies happen when women are using birth control.

Tips to Avoid an Unplanned Pregnancy

- Carefully follow the instructions for using your chosen method of birth control.
- Consistently use your chosen method of birth control.
- Contact your health care provider if you have any questions about using your chosen method of birth control.